

Beans

FOR

Healthy Aging

Aging Facts



The Ontario Population is Aging:

1 in every 4 Ontario citizens will be over the age of 65 by 2041.

Ontario Agriculture



offers nutrient-rich foods.



Optimal Nutrition is Key

for health promotion and disease prevention as we age.

Agriculture Facts

Beans are both a legume and a pulse.



Ontario grows the most beans in Canada



Navy beans are the most common but there are many different varieties grown in Ontario.

Nutrition Facts



3/4 cup of beans is 1 serving of a meat alternative.

Beans are nutrient rich with their **protein, dietary fibre, vitamins & minerals.**



Beans can help regulate blood sugar to reduce diabetes risk.

Ways to Enjoy!



Try including **pureed black beans** in your next brownie recipe.



Canned beans are ready to eat so open, rinse and add them to your next casserole, pasta or salad.

Consider adding beans to your next omelette.

